

Sporting Department

REST IMPORTANT FACTOR IN TRAINING ATHLETES

Many of Those Who Have Won Success Believe Sleep Has Helped Them to Do So—There Are Few Exceptions to This Rule.

Plenty of sleep plays a big part in the training of most of the successful athletes of today. While some few of the great performers we see competing in the different events get along with a short allowance of slumber, it is clearly noticeable that the ones who insist on spending a goodly part of their time in the feathers are in the large majority. Sleep has more to do with the showing the men make than anything else. There is no rule governing what the men shall eat, each man using his own judgment; but with sleep—every trainer insists on his men getting a full portion of that.

Jumpers especially benefit by long sessions of slumber. It is a scientific fact that a man lengthens, or grows, by staying in bed. A boy, lying in bed with typhoid fever has been known to add six inches to his height in a few weeks. Jumpers find that the cartilages in the knees and the cushions of the heels expand and become more springy if given a long rest. They take advantage of every opportunity to take the weight off their feet.

Ray Ewry and Prinstein, the greatest jumpers we have, both long ago formed the habit of putting their feet at an elevation whenever the chance offered. Both are men who insist on having an abundance of sleep. The night before Prinstein was to jump in the championships at Athens he went to bed at 6 o'clock. For several hours he kept moving his legs beneath the quilts with the object in view of keeping them limber without putting his weight upon the cartilage pads of his knees.

When Mike Sweeney established a new world's record for the high jump it was said that he had been in bed for three days, just taking things easy. Dan Ahern is another jumper who believes in always getting all the sleep possible, while Martin Sheridan, who is also a crack at the hop, step and jump, did 47 feet after being forced by Trainer Lawson Robertson to take a 12-hour nap.

Sheridan and Sheppard both get along without more than a few hours of sleep. Sometimes Sheridan goes for days with only a couple of hours' rest a night, making up for lost time by putting in 15 to 20 hours straight. It is a wonderful thing the way the greatest athlete in the world gets along so well with such utter irregularity of sleeping hours.

John Flanagan goes to bed early and falls to sleep before noon on the day of a trial at his world's hammer-throwing records. Ralph Rose, the California shot-putter, lived so long in the balmy climate of the Napa foothills that he formed the habit of long naps during his kid days.

Arthur Duffy and Harry Hillman both believe strongly in sleep. Before every race it was the regular thing for Duffy to take a 10-minute nap. Hillman, on the other hand, would rest up during the afternoon before competing in the armories at night.

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EIGHT DETROIT RECRUITS ARE ALREADY DISCARDED

Pitchers Bills, Britton, Cavett, Schreiber and LaFitte; Infielders Murch and Gaynor and Outfielder Spencer Let Out.

The ax of President Frank J. Navin and Manager Hugh A. Jennings, of the Detroit baseball club, has swung on the necks of eight budding young big-leaguers for whom the request for waivers has gone forth. The eight mentioned will not go south but will probably be placed with minor-league clubs before March. Several of the men mentioned above are already ticketed for definite berths.

Pitchers Bills and Britton are probably to return to the clubs from which they came. LaFitte has been virtually sold to Rochester, though the formal acceptance of waivers has not yet been completed. Murch, it is understood, will go to Indianapolis which team is also likely to get Spencer. Fort Wayne will probably get Gaynor.

Regarding the last mentioned player, it is emphatically stated that his sale is made with the condition of an option for repurchase at the close of the season. His extreme youth and the fact that Detroit has now no immediate need for a first-baseman are the reasons for the decision to give him another year for purposes of seasoning. The belief exists among the teamsters on the club that Gaynor is the making of a veritable star. But no kid of his age knows the fine points of inside baseball and the Tigers are too well fixed to make it necessary to develop a man themselves, taking the attendant risk.

Aside from the men mentioned above and Frank "Red" Donahue who is still on the team's reserve list, every athlete on the club's roll will be taken south, according to present intentions.

Just to revive the memory of the bugs it might be noted that there still remain the following 36 players:

Ball, Beckendorf, Browning, Bush, Casey, Cobb, Crawford, Delehanty, Donovan, Drake, Harding, Jennings, D. Jones, T. Jones, Killian, Kirk, LaFitte, Leivelt, Lister, McIntyre, Moriarty, Mullin, News, O'Leary, Pernoll, Savidge, Schmidt, Simmon, Smith, Speer, Stange, Stroud, Summers, Vance, Willett and Works.

FOOTBALL PROVES GOOD MONEY MAKER THIS YEAR

Philadelphia, Dec. 24.—The University of Pennsylvania Athletic association, at its annual meeting, voted down by a big majority the proposition to have its athletics conducted by a graduate manager to take the place of the treasurer and to whom all the under-graduate managers should report. It was urged in defense of the movement that graduate managers were found necessary at most other big institutions, but the system followed so long at Pennsylvania had given such complete satisfaction that the members were not willing to change it. This means that for the present at least the finances of the athletic association will be in the hands of a graduate treasurer, who gives his services free of charge and to whom the various committees and under-graduate managers report.

At the annual business meeting it developed that football and basketball remain the only two sports which are self-supporting. In fact this has always been the case, with the exception of a single year, when the basketball team earned a slight profit. Football, of course, was the biggest money maker. The expenses of the eleven ran up to \$27,678, but the net receipts were \$65,345, which left a balance of \$37,667. This was about the best season the football team has had in a good many years. The expenses of maintaining the team were a little less than usual.

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FIGHTS SCHEDULED FOR XMAS.

Monte Dale vs. Mugsy Schoel, 20 rounds, at Victor, Colorado.
Al Delmont vs. Patsy Cline, 15 rounds, at Montreal.
"Kid" Ferns vs. Frank Fitzgerald, 10 rounds, at Fort Worth, Texas.

YALE ABANDONS STADIUM PROJECT FOR THE TIME

New Haven, Dec. 24.—Yale has decided not to push plans for the proposed \$500,000 stadium till the new football rules are settled. Hope was felt that the football management might go ahead this fall and work be rushed on the new structure in order that the Yale-Harvard game next November might be held in it. It can now be stated decisively that the game will be played in the present wooden stands, and an outlay of several thousand dollars will be necessary upon them before they can be made safe. Every timber that shows signs of decay will be removed and a sound successor installed in its place.

It has been decided that while the agitation over football makes the future of the game as the most popular sport in America uncertain it would be unwise to sink any such sum in the stadium as it would cost. Yale men have been on the hunt for a large gift which would make the stadium possible. A possible site was looked at just beyond Yale field, but no option has been held on it, and a boom in that vicinity, because of the rumor that the stadium was to be built there, has sent land values soaring. It is now unlikely that a stadium can ever be constructed so near the city.

CONFERENCE SCHOOLS MAY SNUB GOPHERS THIS YEAR

Minnesota may be treated as an outsider by the "big eight" schools in arranging the 1931 football schedules as the result of its affiliation with the University of Michigan. This turn of conference affairs which would be a virtual boycott on the Gophers, has been freely predicted of late.

That Minnesota may be refused games by Chicago and the other "big eight" schools because of the Minnesota-Michigan contract is believed by Midway rosters to be probable. The conference officials may take this means of regaining the discipline they lost when Minnesota took on the Wolverine "strangers."

It was admitted at the University of Chicago that a game with the Gophers would not be scheduled until the board of control considers whether such a battle is deemed advisable. As the board has already expressed its unqualified disapproval of Minnesota's course, it is thought the maroons will not play the Gophers unless the Michigan contract is called off.

The internal evidence of a split between the Gophers and Maroons is particularly strong, the rosters think as the two schools have scheduled games immediately after the close of the season since the affiliation three years ago. Coach Stagg has never had a written contract with the Gophers, relying on verbal agreements, and the verbal agreement up to date has been lacking, pending investigation of the Michigan-Minnesota question.

What the attitude of the other conference schools is on the subject has not been officially expressed, but according to the Chicago authorities conference opinion is all against the Gophers for their relations with the Wolverines.

Coch A. A. Stagg would not commit himself as to the rumors of a break with the Minnesota school. He made no secret of the fact that the Gopher policy was displeasing to Chicago and said no game with the Gophers could be arranged at present.

WINTER TEAMS ARE LOSERS.

A disgusted bunch of big leaguers were those comprising the winter teams of Connie Mack and Frank Bancroft that have been touring the west, when they pulled up in New Orleans where they disbanded. Most of the players left for their homes. They saved their deposit, but that is all. They encountered miserable weather conditions all the way, and the big game scheduled for New Orleans, where sunshine was expected to prevail and where the leaguers hoped to recoup some of their financial losses, had to be abandoned because of a storm that raged all day Sunday. In one game played on the coast for the benefit of Bliss, who was injured while sliding to second base, there was only \$127 left after all the expenses were paid. In one place the crowd was so small that the receipts netted each player 30 cents.

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May Meet Roller Soon



Americus, the Baltimore Whirlwind.

Chicago, Dec. 24.—Americus, the Baltimore star, who made such a wonderful showing with Mahmout, the Bulgarian, in the recent bout, is the author of a system of wrestling all of his own and known as the Americus system. It consists of rolling and scissoring, a complex department of the game, which has made Americus what he is today. It worked on Mahmout, who tried to master its intricacies through his training with Charley Postel, who is not unlike the Baltimore man in daring and prowess. Americus weighs in at 190 pounds. His training in Chicago was done at the Chicago Athletic club, with Charlie Cutler, and others. It is probable that a match with Dr. Roller will be the result of his wonderful work while in Chicago.

MUST PAY \$1,000 LICENSE.

Chicago, Dec. 24.—New license fees for various classes of amusements are provided for in an ordinance adopted here today in a special session of the city council. Among other advances baseball parks of the magnitude of the National league and American league parks will be obliged to pay \$1,000 a year. The same license rate applies to theaters of the first rank. The former minimum rate on the ball grounds was \$300 a year. The ordinance covers 21 classes of amusements.

BIG BOON TO RAILROADS.

New Haven, Conn., Dec. 24.—An official statement from the office of the New York, New Haven & Hartford railroad shows that on Nov. 13, 1930, the date of the Yale-Princeton football match here, 32,395 passengers were carried by the road and of that number 17,844 were carried from New York city.

For the game in 1927, 32,395 were carried, but this year 4,000 more were carried from New York, which makes the receipts this year \$45,058, as compared with \$44,528 two years ago.

GIANTS MAY PLAY TIGES.

New York, Dec. 24.—Sensational news is being making up the Giants' Spring training schedule. The probabilities are that while the Giants are in Texas they will play games with the Detroit Tigers and the St. Louis Browns. Challenges have been received from both presidents Navin and Hedges, and if dates can be arranged these games will not be spurned.

M'GOORTY SHOWING WELL.

P. L. Callahan, manager of Eddie McGoorty the Oshkosh, Wis., middleweight, is completing plans for a visit to Europe, where he will join his protegee and handle all future matches. McGoorty expects to stay abroad until next summer. He is counting on a 10-round match with Tom Thomas, the recognized middleweight champion of England, and has practically agreed to box before the National Sporting club of London.

HERNSTEIN LOSES JOB.

Columbus, O., Dec. 24.—Howard Jones, head coach of the Yale university unbeaten eleven during last season, last night was elected to coach the Ohio State university eleven for next year. Jones lives at Exeter, O., and it is believed that he will accept the place which A. E. Hornstein, a Michigan graduate, has held for the last four years.

YOST DEFENDS FOOTBALL.

Coach Yost, of the University of Michigan, comes to the defense of football in a statement saying that the statistics of the season's fatalities were grossly unfair and that more than half the players who died were victims of other causes than football. He suggested two new reforms. One, that the game be divided into four parts, instead of two, and the other, that the officials be given absolute authority to order injured or exhausted players out of the game.

DESERVING OF PITY.

Pity the sorrows of the man who has a disagreeable boss in the office and another at home.—Chicago Record Herald.

THE REAL TEST.

"It's a cinch to be right and cheerful. When life seems a golden span; But the chap worth while is the one that can smile. When his wife says 'Get—Breakfast is not ready yet; I just had to wait—Till you patched up the grate.' Smile then, ah, that is the man."—Chicago News.

FINESSE.

Nothing more clearly expresses the sentiments of Harvard men in seasons of athletic rivalry than the time-honored "To hell with Yale!" Once when Dean Briggs of Harvard, and Everett Hale were on their way to a game at Soldiers' field a friend asked: "Where are you going, Dean?" "To yell with Hale," answered Briggs with a meaning smile.—Everybody's Magazine.

LEGAL NOTICES.

Dec. 24, 31; Jan. 7, 14.
STATE OF MICHIGAN,
The Probate Court for the County of Houghton.

At a session of said court held at the Probate Office in the Village of Houghton, in said county, on the 21st day of December A. D. 1930.

Present: Hon. Geo. C. Bentley, Judge of Probate.

In the matter of the estate of Bridget T. Goulette, deceased.
Charles Goulette having filed in said court his petition praying that a certain instrument in writing, purporting to be the last will and testament of said deceased, Bridget T.

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Goulette now on file in said court be admitted to probate and that the administration of said estate be granted to Patrick H. O'Brien or to some other suitable person.

It is ordered that the 19th day of January A. D. 1931 at ten o'clock in the forenoon at said probate office, be and is hereby appointed for hearing said petition.

It is further ordered, that public notice thereof be given by publication of a copy of this order once each week for three successive weeks previous to said day of hearing, in the Calumet News, a newspaper printed and circulated in said county.

GEORGE C. BENTLEY,
Judge of Probate.

A true copy,
Geo. D. Freeman,
Register of Probate.

Dec. 24, 31; Jan. 7, 14.
STATE OF MICHIGAN,
The Probate Court for the County of Houghton.

At a session of said court, held at the Probate Office in the Village of Houghton, in said county, on the 24th day of December, A. D. 1930.

Present: Hon. Geo. C. Bentley, Judge of Probate.

In the matter of the Estate of Timothy Harrington, deceased.

Margaret Harrington, having filed in said court her petition praying that said court adjudicate and determine who were at the time of his death the legal heirs of said deceased, and entitled to inherit the real estate of which said deceased died seized.

It is ordered, That the seventeenth day of January, A. D. 1931, at ten o'clock in the forenoon, at said probate office, be and is hereby appointed for hearing said petition.



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GEORGE C. BENTLEY,
Judge of Probate.

(Seal)
A true copy,
GEO. D. FREEMAN,
Register of Probate.

Kerr & Petermann,
Attorneys for Petitioner.

NOTICE.
Calumet, Mich., Dec. 24, 1930.

Notice is hereby given that the annual meeting of the stockholders of the First National Bank of Calumet will be held at its banking house on January 11th, 1931, between the hours of 2 and 4 p. m., for the purpose of electing nine directors, and the transaction of such other business as may lawfully come before the meeting.

JOSEPH W. SELDEN,
Cashier.

Dec. 19, 17, 24, 31; Jan. 7.
ANNUAL MEETING.

Calumet State Bank, Calumet, Mich., Dec. 10th, 1930.

The annual meeting of the stockholders of the Calumet State Bank of Calumet, Michigan, for the election of Directors and for the transaction of any other business which may properly and legally come before said meeting will be held at the banking rooms of said Bank on Tuesday, January 11th, 1931, between the hours of ten o'clock a. m. and twelve o'clock noon.

Thomas Houston, President,
Frank J. Kohlhaas, Cashier.

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FOR SALE—House 2476 "C" st.

FOR SALE—No. 3012 Osceola Road small house cheap.

FOR SALE—3129 Tunnel st.

FOR SALE—House No. 427 Caledonia st. Albion.

FOR SALE—House No. 4345 Yellow Jacket, Conn. st.

FOR SALE—4 room house, No. 4995 behind Calumet dam, inquire within.

8-room house for sale, No. 379 on Caledonia st. Particulars at Wickstrom & Co's Store Pine st.

FOR SALE—6 room house No. 3044 Swedetown road. Apply on premises.

FOR SALE—Lot 3, block 3 Wolverine st., Florida. Apply at Mrs. Chapman's boarding house, 123 Kearsarge st. south.

FOR SALE—Six room house No. 431 Albion. Apply on premises or C. & H. office.

ROOMS TO RENT at 4023 Oak St.

FOR SALE—3 room house, No. 4242 10th st. Yellow Jacket.

FOR SALE—House 1516 Hecla st.

FOR SALE—House No. 3113 Tunnel st., Swedetown.

FOR SALE—Four room cottage, 1202 Middle st., Calumet.

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